**A healthy day**

**9:00 am**

**Milk: Fruit:**

**Veggies: Grains:**

**Protein: Physical Activity:**

**12:00 pm**

**Milk: Fruit:**

**Veggies: Grains:**

**Protein: Physical Activity:**

**6:00 pm**

**Milk: Fruit:**

**Veggies: Grains:**

**Protein: Physical Activity:**

**Draw a picture of what being healthy means to you:**